

LITTLE INDIA BUSINESSES PERISHING.....2

High rent and taxes are preventing new businesses from developing in a once lively Indian market

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features on the new LSU
cafe, Apple ios7 update,
All-ages music venues and
Langara raising \$1,200

the Voice

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Several spots unfilled

The LSU will decide next week whether to hold a by-election after some LSU positions were not filled in last week's election

By TAMMY ENGLISH

The Langara Students' Union announced the election results last Friday: 12 new members to a still-incomplete council.

All 12 candidates – nine councillors, the international students' advisor, the sexuality and gender diversity advisor, and the treasurer – ran unopposed.

LSU bylaws prohibit election by acclamation, so when a single candidate for a position exists, voters cast a “yes” or “no” on the candidate rather than select one over another.

To be elected, unopposed candidates must receive more than 50 per cent of the membership's “yes” votes explained Janna Jorgensen, LSU executive director.

Each candidate received at least 75 per cent “yes” votes in their individual yes/no tally.

Missing from the posted results was the total number of ballots cast and any information about spoiled ballots.

Langara's electorate totals roughly 9,400. The highest number of votes a candidate received was 250. Election results indicate fewer than 300 students voted, suggesting a turnout of three per cent.

Jorgensen said via email that questions about election details – such as total number of ballots – are best answered by the chief returning officer, an independent party contracted by the LSU to scrutinize the election.

She also noted that the corporate relations officer, having completed his contract with the LSU, is under no obligation to talk to media. She implied that questions would be forwarded, but did not identify or provide contact information for the corporate relation officer.

Election of these 12 new members still leaves several positions unfilled, Jorgensen confirmed by email. “We did not fill all positions on council this election – some positions did not have candidates at all.”

She said that the new council will decide at its first meeting whether it wishes to run a by-election to fill those positions. The possible impact of leaving those roles unfilled, and what criteria come into play in making this decision, are questions left unanswered by deadline.

Jorgensen said the first meeting of LSU council is expected to take place within the week.

GET SPOOKED AT FRIGHT NIGHTS



JESSE LAM photo

Fright Nights is officially open for students celebrating Halloween. Read more about it on page 4

Danger on Fraser

Intersection of Fraser Street and 49th Avenue deemed one of the most dangerous in Vancouver

By AMY JONES

Pedestrians and drivers need to tread carefully at the busy intersection of Fraser Street and 49th Avenue. Rush hour turns the area into a chaos of honking cars while drivers rush to make their turns in time and pedestrians are often crossing too late.

Two pedestrians were taken to hospital following an accident involving a vehicle at the intersection on Saturday, Oct. 5. The busy intersection is known to many local residents and Langara students as a hotspot for accidents.

An investigation by *The Vancouver Sun* showed 350 accidents occurred at the intersection between 2005 and 2009. Add the surrounding blocks of Fraser Street and the intersection, and the number nearly doubles to 617 accidents.

In the six and a half years Russell Otterbein has worked at nearby D&R Photo, he has seen a lot of accidents and people running across the crosswalk at the last minute. “I’ve almost been hit a few times when I run across to the street to the bank,” said Otterbein. “Cars are always trying to sneak around on the right turn.”

Mehul Bhalla, a Kinetic Wireless em-

ployee on Fraser Street, has seen three accidents in three months he has worked there and said the area is always congested. “It’s a small intersection but a lot of traffic,” said Bhalla.

There are simple things that both drivers and pedestrians can do to reduce their risk of accidents, said Const. Brian Montague, spokesperson for the Vancouver Police Department.

Two basic rules for drivers and walkers are to avoid being distracted by mobile devices and to make eye contact with each other, said Montague.

“Everyone talks about distracted driving but you can be distracted while you’re walking too,” said Montague. “People don’t pay attention when they’re walking down the street and they make assumptions that drivers can see them. You may be in the right as a pedestrian but being in the right doesn’t keep you safe.”

Steve Beck from Better Environmentally Sound Transportation in Vancouver said that the best thing pedestrians can do is time their crossing so they’re not stepping onto the road too late. “If you leave it until the last minute to try to cross then you’re increasing your likelihood of being struck by one of those cars who is also trying to do that,” said Beck.

“

Two basic rules for drivers and walkers are to avoid being distracted by mobile devices and to make eye contact

BRIAN MONTAGUE

Earthquake prepared?

Get ready to drop, cover and hold Oct. 17 at Shake-Out B.C. being held in the main foyer of A building

By BILL EVERITT

ShakeOut B.C. Day is Oct. 17 at 10:17 a.m. and Langara is having an earthquake drill and safety fair in the foyer of A Building.

ShakeOut is a province-wide drill where participants practice the three essential steps for earthquake safety: drop, cover and hold on.

Langara's Studio 58 will be presenting a 20-person flash mob that is based on the three steps.

“It is a very fun concept which will definitely get to the students and help them remember what to do,” said third-term acting student Alexandra Wever, who choreographed the dance.

ShakeOut at Langara is being accompanied by a safety fair that runs until 1 p.m.

Booths for safety related groups and the Vancouver Police Department will highlight general emergency planning.

Dan Krefting, manager of safety and security at Langara, hopes to get the whole campus involved next year.

“I’d like to make an announcement on the public address system, another opportunity would be to do a whole evacuation drill,” he said. “Right now the exercise is voluntary.”

Ian Malnis, a science student at Langara, thought that the college could do more to increase earthquake-safety awareness.

“Halfway through the semester, everybody is studying for mid-terms,” Malnis said.

Built in 1979, Building A is the oldest building at Langara College.

The last time Building A received an upgrade was in 1991, when a stabilizing wall was built in the cafeteria.

“Building A needs a complete renewal, including a seismic upgrade. That’s our priority,” said director of facilities Wendy Lannard.

Building B and the library were built to more stringent building codes.

Building C received a seismic upgrade in 2009 when the Langara Students’ Union building was built.



BILL EVERITT photo

ShakeOut B.C. organizer, Paul Ur-sich is hosting the event on Oct. 17.



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GAVIN FISHER photo

Mohan Rakhra, (left) and Gurmit Rakhra are the owners of Mohan Cloth House on Main Street which is store is going out of business.

Main's Little India 'is dead'

The Punjabi Market suffers from high rents, whopping property taxes and loss of customer base within the Little India community

By GAVIN FISHER

Throughout the historic Punjabi Market businesses continue to close while others remain empty due to high rent, increased property taxes and a customer base that is now largely in Surrey.

Wescana Fashions and Mohan Cloth House are both currently having closing-out sales after being in business for over 25 years. They are the latest businesses to close in the market on Main Street between 48th and 53rd Avenue.

"It's very difficult to survive," said Ali Rajani, who owns Wescana Fashions on the corner of Main Street and 49th Avenue.

Rajani said he pays between \$55,000 and \$65,000 a year in property tax.

He said the high rent and high taxes are preventing new businesses from coming into the area. His building has been up for lease the past seven months but no one is interested.

"It's a prime corner connecting to downtown. But [there's been] no response from anybody," said Rajani.

Mohana Rakhra, owner of Mohan Cloth House, said the number of customers continues to decrease while rent goes up.

Wescana Fashions and Mohan Cloth House follow on the heels of several other closures in the area over the past year. Arora Cloth House closed its doors in April this year, Guru Bazaar closed in January, and Frontier Cloth House closed in September 2012. All three businesses now have stores in Surrey.

"All of our clientele has moved into the Surrey area," said Sunny Khurana, owner of Guru Bazaar. "We have to be where the customers are."

Many current business owners said that there needs to be a greater variety of stores to attract people to the area, and not just stores catering to the South Asian community.

"First we started in the Indian community so we survived," said Haresh Shukla, who runs Mother India, an import store on Main Street. "Now the only way we can survive is [with a] mixed community."

Rajani from Wescana Fashions agreed. "Look at Fraser [Street], it's booming because it's multicultural there. Banks are there, grocery stores are there, doctors are there," said Rajani. "But Main Street, what is it? There's nothing here, not even a single bank...It's a dead spot after six o'clock."

Simran Virk, who runs Roots Cafe on the corner of Main and 49th Avenue, said the Punjabi Market is a thing of the past.

"It's not dying, it's dead. It's time for a new, fresh facelift on this part of the street. We want some neat places, but if it's not affordable for people to come here it's going to take a much longer time."



SIMRAN VIRK
Owner of Roots
Cafe on Main

“It's not dying, it's dead. It's time for a fresh facelift on this side of the street.”

Burtnsky breathes life into the issues of water pollution

Canadian photographer Edward Burtnsky came to speak at Langara on Oct. 8 as a part of the Photography Masters Series



KENDRA WONG photo

Edward Burtnsky speaks at Langara with fans and signs copies of his new book *Water*.

By KENDRA WONG

Renowned photographer Edward Burtnsky presented photographs from one of his most recent projects, *Water* in front of a packed Langara auditorium last Tuesday.

The 228-page book illustrates human affects on landscapes and water, through activities including oil consumption, agriculture and mining.

"Without [water] we die," said Burtnsky. "It's something that we're using a lot of and not always understanding the consequences of either polluting it or using it."

Water is Burtnsky's fifth book and has been years in the making. He spent five years travelling across 10 countries shooting 24,000 still images.

The book features large-scale aerial colour photographs — taken from man-

lift cranes, light aircraft and helicopters — of places such as the Navajo Reservation in Phoenix and the Colorado and Yangtze rivers.

He hopes the book will encourage a better understanding of how humanity's need for resources is reshaping the earth's natural landscape.

"I'm hoping . . . that when they think of resources and they think of water that they understand that . . . something is usually suffering in that exchange — habitats, people downstream or animals down the stream. We're affecting change in a big way," said Burtnsky.

Jim Balderston, a photography instructor at Langara, first met Burtnsky over 20 years ago when Balderston was hired to work at his photography company.

Balderston described the 58-year-old

photographer as a committed, humble man with a "natural photographic talent."

"You look at his pictures and you're seduced by the colours, the form, the detail, and the scale of the image," he said. "You realize, a lot of it is man-made and it's really disturbing."

"He puts the information out there in the best way he knows how and . . . it's up to viewers to make that decision," Balderston said, adding that Burtnsky's work initiates discussion.

Kurtis Stewart, a teaching assistant for one of Langara's photography programs, said Burtnsky is very involved with his work. "He's not separated from the process, which is cool," Stewart said. "He's not worried about getting dark and dirty and all those places you have to go to get those good shots. It was real."

Langara Cultural Buddies

The Cultural Buddy Program helps new Canadian students better integrate into their communities

By ANDREA ANTHONY

Despite government funding changes, the South Vancouver Neighbourhood House continues to run programs that help new students to Canada transition into their schools and communities.

An important part of transitioning into a new culture is developing social connections in the community that help foster a sense of belonging, said Jessica Moerman, youth-programs director at the Neighbourhood House.

Langara students in the social-service worker program have been doing practicums at the South Vancouver Neighbourhood House for many years, said Joseph Rosen, department chair of the social-service worker program. "Such programs are very valuable in helping young people to integrate more quickly into the community and Canadian culture in general," said Rosen.

Every Monday high school students from the community volunteer at Fleming Elementary School as part of the cultural buddy program. The high school students participate in games and community activities with elementary students who are new to Canada. "They act as role models and as a link into the high school for the elementary school students, many of whom are . . . feeling anxious about moving on to high school," said Moerman.

When the program started, it was funded by the federal and provincial governments and students were paired up one-to-one. However, there was no strong research that proved its effectiveness for students, so the funding was pulled, said Moerman. "The specific activities that take place in these programs are secondary to the relationship building that is a very important outcome of many voluntary programs," said Rosen.

According to Moerman, the best feedback they can get is that students keep coming back.

"One of the greatest things about our programs for newcomer children and youth is being able to watch them grow up and become leaders themselves."

LSU cafe brings the bubbles

Lollipop Moment serves bubble tea and fresh-baked goodies in the spot vacated by Dukes on the campus

By TYLER HOOPER

Powell Sung, manager of Lollipop Moment, is excited to be providing Langara students and faculty with bubble tea refreshments and isn't worried about competition from other vendors on campus.

Previously, Duke's Gourmet Cookies & Cappuccino inhabited the location in the LSU, but over this past summer Sung won over LSU members who agreed to lease him the space.

"I didn't think I had a chance of getting it. I know everyone wants to come in here," Sung said. "I really appreciate the student union building giving us the chance here."

Sung said it's hard to compete with big names like Starbucks, and instead he is looking at different markets by providing friendly and affordable service. "If a Starbucks opens near you, don't think you can beat them, that's impossible."

Instead, Sung said he wants to bring the "quality of the French restaurants and the speed of McDonalds," providing a balance between delicacy and efficient service.

Lollipop Moment is currently offering seasonal pumpkin pie, but Sung said he doesn't plan on introducing too many seasonal products this year.

"Starbucks might have 10, 12 different drinks for that season, maybe that will happen next year," Sung said. For the time being he wants to ensure his employees learn and understand his existing products.

"[Sung] is really great, he's really helpful because in my past experience even though I worked in a bubble tea place I never got a chance to make bubble tea or coffee," part-time employee Betty Chiang said. "I've really learned a lot from him."

Students are enjoying many of the products offered by Sung.

"I usually get the banana bread," said first-year design-formation student Cherie Lau, adding she enjoys bubble tea, particularly the honey green tea with pearls.



TYLER HOOPER photo

Powell Sung stands in front of cafe

CORRECTION

Last week's *Voice* story on the volunteer program VOLT described VOLT as a group instead of an official Langara student service. Also, VOLT's recognition system to record members' volunteer hours on transcripts is in place, and VOLT does not have a group-trip program. Last summer two volunteers went to Nepal, one to Costa Rica and three to Kenya. The *Voice* regrets the errors.

#147 WAS THE LUCKY DUCKY



TYLER HOOPER Photo

Langara sociology instructor Alan Brain gave a running commentary throughout the United Way rubber ducky race and added that "god Quack Quack" had ordered him to dress in drag. Students gathered by the fountains and cheered as duck number 147 took the win.

English forums spur critical thinking

Monthly gatherings in the HUB offer students and faculty the chance to discuss everything from books and films to video games in an interactive and engaging environment outside of the classroom

By TRICIA LO

What do Game of Thrones, Pride and Prejudice, self-help literature and BioShock all have in common? They're all topics at the Langara English forum.

"It's an environment that can stimulate conversation and promote thinking about things in new, unconventional ways," said Kathleen Oliver, host of yesterday's forum.

It's already seen success with psychology student Kaitlynn Schildt, who views instructors differently now. "Being able to talk to professors in a non-instructional setting, I've learned

they're actually people," she said.

Schildt attended the first forum, Game of Thrones: Sexy or Sexist? The topic grabbed her attention, but she had no idea the instructors would be so passionate about the series.

The topics aren't just designed to appeal to students, they're actually inspired by the interests of Langara's English faculty, said Kina Cavicchioli, one of the project's organizers.

English instructor Greg Holditch proposed a forum on the subject of his master's thesis: the video game BioShock. "It's revolutionary in the video game world. It's like a work of art. That's why I really want to talk about it."

Cavicchioli described students' reaction to the topics. "There's been a very pleasant look of surprise. 'BioShock? That's part of English?' I'm going 'Yes, yes! That's why I love my job.'"

The project's vision is to share this excitement, she said. "As English faculty, we really love what we do, and we want to show what that is beyond the grammar and essay writing."

"There's an instructive aspect too, the goal is to show how what we do exists in the real world, not just when you're doing it for grades," said Cavicchioli. "You can talk about pretty much everything in an analytical way, and that's not a chore; it's a joy."

A Berry sad day

BlackBerry falls to fourth place in smartphone race

By NADIM ROBERTS

BlackBerry is doing whatever it can to hold onto its shrinking customer base, but it may be too late.

In an open letter posted on their website, BlackBerry reached out to customers to assure them that despite a disastrous drop in sales, a dwindling market share and a plan to slash its global workforce by 4,500, "You can continue to count on BlackBerry."

According to Gillian Shaw, digital life writer at the Vancouver Sun, when BlackBerry emerged in 1999 there was little choice for consumers and businesses looking for smartphones. The advent of a new generation of competing smartphones, starting with Apple's iPhone in 2007, hit the Ontario-based company hard.

"It was a leader and a pioneer," said Shaw. "And now it is so far behind it can't catch up."

When Samsung and Apple began to redefine the smartphone market by taking their phones to consumers first and businesses second, BlackBerry failed to stay relevant, Shaw said.

"BlackBerry was resting on its laurels when everyone else was innovating."

First-year Langara student Devante Williams is a "BlackBerry type of guy," and won't consider switching.

Art history student Gillian Huntley finds her BlackBerry phone problematic and "not that exciting."

"I'm probably going to get a different smartphone, either an iPhone or Android, once this one dies," said Huntley.

Student Victor Zhang threw away his BlackBerry and uses a Samsung Android. "[BlackBerrys] are old fashioned now," said Zhang.



OPINION
GILLIAN SHAW

“
It was a leader and a pioneer and now it is so far behind it can't catch up.”

EVENTS

HAPPY 200TH BIRTHDAY PRIDE AND PREJUDICE
Nov. 13
2:30-4:30 p.m.

BIOSHOCK: THE FUTURE OF NARRATIVE
Nov. 27
2:30-4:30 p.m.



JESSE LAM photo

A psychopathic clown laughs maniacally, surrounded by his gruesome work, in one of several horrific displays on show at Fright Nights

Fright Nights freak-fest chills

Playland's Fright Nights returns to terrify the brave or the foolish

By JESSE LAM

BOO! The annual Fright Nights at Playland have returned, complete with crazed clowns, weeping ghosts and mad doctors.

With Halloween coming up, Langara students looking for a fright can check out the haunted houses in Playland, as the six each have a theme to scare those who dare to walk in.

The Hollywood Horrors house had horror and slasher movies being the focus of the show. Thrill-seeker Marion Wickstrom said she liked the show.

"You've got Freddy Krueger in there, and you've got Jason in there. Silence of the Lambs," said Wickstrom. "It's all stuff you're familiar with."

Eden Legasbo, another Fright Nights attendee, had other thoughts. "It was predictable," said Legasbo.

"I feel like that everyone was taking a break, and the actors were just like 'whatever.'"

Horror House Darkness also gained

mixed reviews, as this haunted house featuring flashing strobe lights creates the feeling the room may be closing in on you, making it claustrophobic.

"That room with all the rooms flashing with strobe lights, it had a lot of pop-up scares," said Legasbo.

Wickstrom disagreed. "Darkness was a really, really long lineup and a bit of a disappointment after the long lineup."

If you suffer from a phobia of clowns, Car-N-Evil could be your worst nightmare. This house isn't a place for juggling clown acts; rather, they jump out from nowhere making attempts to grab you.

The new haunted house this year is Fear, which showcases classic fears, such as being buried alive, heights, scary animals and even mad dentists.

For the classic haunted house experience, people may enjoy Haunted Mansion, with the fictional back-story of lunatic Dr. Luther Van Horn welcoming people to his home and his story of

his wife Nora, accompanied by screams and moans of ghosts and other undead creatures.

A favourite at this year's Fright Nights is Asylum, according to horror fan Amika Prasad, who claimed she didn't scare easily, but thought it was very well done.

"The atmosphere, man, it's definitely the atmosphere," said Prasad. "It's a perfect mix of creepiness of being in an asylum plus the claustrophobia of everything being so close."

Asylum features a series of operating tables, rooms covered in blood, and of course a lot of mental patients looking for people's help.

Besides the horror houses, Playland also has the more traditional rides for people to enjoy, including the 55-year-old Coaster in the dark, plus 11 more rides.

The Fright Nights exhibition runs until Nov. 2, with general admission-tickets ranging from \$25 to \$35 as well as \$50 to \$70 for an express pass.

Horror in the city

- 1** Dunbar Haunted House: 8934 Shaughnessy Tickets: \$10
- 2** FlyOver Halloween 999 Canada Pl. At Canada Place Tickets \$16.95
- 3** Halloween Ball Telus Science World 1455 Quebec St. Tickets: \$60
- 4** Chinatown Haunted House 578 Carrall St. \$10 for Students

Murder mystery delights public

Metro's adaptation of the Agatha Christie mystery play keeps the audience in suspense

By JENNY PENG

A precarious love triangle sweeps over an English manor one weekend and sends detectives fishing for clues after a playboy doctor is mysteriously murdered.

Metro Theatre's adaptation of Agatha Christie's *The Hollow* sees Sir Henry and Lady Angkatell's weekend getaway turn bloody when invited guest Dr. John Cristow is found dead on the living room floor.

Cristow, a selfish, neurotic womanizer played by Joshua Knight, happens to be a troublemaker in many other characters' lives, giving them all a mo-

tive to kill him.

With a set of suspects, Inspector Colquhoun and his partner Detective Sergeant Penny struggle to get evidence from a thick web of family dysfunction.

Cristow's dull, shallow wife seems too naïve to have killed Cristow, though she often complains of being mistreated by her husband.

And then there is Cristow's mistress Veronica Craye, who declares, "If I can't have you, John, nobody else can!" in her last appearance with him.

All eyes are on Edward Angkatell, who notoriously despises Cristow for stealing the heart of his beloved

Henrietta. Lady Angkatell appears calm, even delighted by the novelty of the scene.

It is the contradiction of emotions and odd family dynamics that draws the audience in.

Audience member John Humphreys praised the cast, especially Inspector Colquhoun (Eric O'Connor) and Lady Angkatell (Alison Schamberger).

However, Humphreys said the lighting seemed "to go bright and soft for no particular reason."

The Hollow runs until Oct. 26 at the Metro Theatre.

Student tickets are \$22.



JENNY PENG photo

Alison Schamberger (Lady Angkatell), left, rehearses with Marie Strom (Gerda Cristow) before the premiere

Cult film returns

Resurgence of grindhouse films speaks to a moderate culture, says Langara club

By NADIM ROBERTS

Despite early reviews from critics that panned Roberto Rodriguez's *Machete* sequel, *Machete Kills*, it still came fourth at the box office over the long weekend, raking in almost \$4 million.

Tickets sold out for last Thursday night's first screening at the Scotiabank Theatre.

Lead Danny Trejo returns as detective-turned-spy *Machete*, enlisted by the President (played by Charlie Sheen) to stop a missile aimed at Washington, D.C.

According to Ernest Mathijs, professor of film studies at UBC and co-author of 100 Cult Films, films like this are "immune to reviews."

"They never got good reviews, and that was part of the pride of the audience," said Mathijs.

The films Mathijs is referring to are part of a genre of film called grindhouse.

The heyday of grindhouse films was the '60s and '70s, when changing demographics in inner cities, coupled with a more culturally permissive climate, forced theaters to offer moviegoers something they couldn't find by turning on the TV. What they couldn't find on TV was sex, violence and sadism.

"It was something dangerous and that you were not supposed to watch. It stood high-up on the shelf in the video store and it was late-night after your curfew," said Mathijs.

Films like *Machete Kills* are considered homages to this genre of cinema and continue the tradition of sleaze and bloodshed that grindhouse is known for.

Damian Sandoval, one of the founders of a new student club called New Noise that plans on having bimonthly film screenings on campus, believes that films like *Machete Kills* are symptomatic of something deeper in society.

"Our society is so moderate when it comes to our day-to-day lives," says Sandoval.

"We are only free to indulge our wildest fantasies and obsessions as long as they aren't politically subversive."

Another member of the club, Amy Widmer, classifies grindhouse as "action films for the alternative crowd."

"This is definitely not your Michael Bay action film," says Widmer.



ANDREA ANTHONY photo

Protesters gather outside the Vancouver Art Gallery after a march against Monsanto, an agricultural company based out of the U.S.

March against Monsanto

Hundreds flock to downtown Vancouver to voice GMO concerns

“
The corporations who have the patents on GMO processes have too much power

JANET LEPATOUREL
Langara College department of nutrition and food-service management

By **ANDREA ANTHONY**

Say no to GMO! One of the chants that echoed throughout downtown Vancouver on Saturday, Oct. 12.

Around 450 people gathered at the Vancouver Art Gallery to protest against Monsanto, an American-based agricultural company that produces genetically engineered seeds, and has come under fire from a significant number of groups during its history.

“Ideally we would like to see genetically modified foods labelled,” said Lili Dion, organizer of Vancouver’s march. “It’s not required whatsoever to have GMO foods labelled, and yet you have to include pure water on the ingredient label. It just doesn’t make sense.”

Genetically modified organisms (GMOs) are created by combining genetic traits from different plant and animal species to create a desired

product.

When GMO tests have been done on lab rats, they exhibited decreased size, increased size of tumours and disfigured sexual organs, said Dion. “Within three generations there’s full sterility, cancer, digestive problems . . . if it’s happening to the lab rats . . . it’s happening to us to a certain extent.”

Heather Quick, an attendee of the march, said the diseases associated with GMOs are becoming too prevalent. “We need our health back. We need to fight for our rights,” said Quick.

In some cases, genetically modified foods have enhanced nutritional attributes, said Janet LePatourel, instructor in Langara’s department of nutrition and food-service management.

Golden rice, for example, was bred to be higher in B-carotene, a source of vitamin A.

“Consumers should have the right to know what is in their food; lack of label-

ling is a significant concern. The corporations who have the patents on GMO processes have too much power,” said LePatourel.

Labelling is OK, said Quick, but it still allows companies to use GMOs.

“We need to ban it completely . . . so that we can get back to organic and start eating healthy food,” said Quick.

If people want to avoid genetically modified foods, the easiest thing they can do is read labels, said Dion. “Anything that has corn, soy or canola is more often than not genetically modified.”

Former NDP MLA Harold Steves, current Richmond city councillor and vice-chair of planning and agriculture in Metro Vancouver, was one speaker at the march.

“We’re here today to send a message to Monsanto. We don’t want your GMO seeds. We want our food labelled. We want to know what’s GMO.”

The turkey dump: fact or fiction?

Holiday reportedly an opportunity to leave lover

By **TAMMY ENGLISH**

The turkey dump.

No, it’s not the unfortunate gastrointestinal consequence of a heavy Thanksgiving dinner, but rather the phenomenon of college students heading home for the first major holiday of the academic year, and using the opportunity to break up with the sweetheart they left behind.

Tim Charters, department chair of Langara counselling services, says their office doesn’t see an increase in traffic at Thanksgiving, but they “definitely start to notice an increased demand for personal counselling as the semester starts to heat up with regard to midterms and assignments.”

Whether the turkey dump is myth or reality, dealing with a breakup at a time when school is getting intense “can make it difficult to deal with other things [in life],” said Charters. “So it’s important...to connect with social support, connect with family or friends and if necessary talk with a counsellor if they’re feeling it’s very difficult to cope.”

One of the benefits to talking with a counsellor is getting an objective perspective from someone who isn’t clouded by an emotional connection. “Family and friends can be well-meaning,” Charters said, but “sometimes they dispense advice that may or may not be helpful.”

Whichever side of a breakup you’re on, expect it to take longer than you think to recover. Grieving takes time, so it’s important to “acknowledge that, allow yourself the space to heal, and do things that are healthy – connecting with friends or family and trying to treat [yourself] well,” said Charters. “It does hurt. There’s no magic pill that’s going to make [you] feel better right away.”

COPING with relationship stress

- 1 Connect with friends, family - don't isolate yourself
- 2 Shift your focus - what's going well for you?
- 3 Treat yourself well - exercise, eat well, get your sleep
- 4 Monitor alcohol/drug use - for obvious reasons

Philosophers' Jam talks 'dangerous ideas'

Philosophy department representatives seek to bring new minds together, educating them through a seminar and discussion

By **NICK EAGLAND**

If you seek philosophical wisdom, travel to the easternmost boundaries of the Langara campus. There you will find a strip of offices housing three wise men who want to jam philosophic with you.

They are John Russell, Dale Beyerstein and Alex Boston of the philosophy department, and they hope you’ll come to the second Philosophers’ Jam of fall 2013.

“They’re a chance for people to do philosophy for one night without having to sign up for a whole course,” said Beyerstein, the department chair.

“We’re really glad to have an opportunity for people who don’t normally do philosophy to have a chance to come out and do that with us.”

The topic of the jam is utopia. It will

be led by Russell, instructor and former department chair, who will speak about Platonic and communist ideas of utopia, among others.

“Utopias are dangerous ideas,” Russell said. “My talk is going to be about whether what you might imagine as a utopia is really where you would want to live. If we’re going to try to impose a vision of an ideal way of life on individuals, that is itself profoundly problematic from a moral perspective.”

Boston, the instructor who moderates the jams, said Russell will speak for about 20 minutes before engaging attendees in a discussion for an hour or so.

He said the jams bring out a mix of Langara students and faculty, as well as visitors to the college.

“It’s an outreach program to get some controversial and philosophical

topics out there, so that not just philosophy students but anyone can hopefully come hear and discuss the issues.”

Russell said the department has held jams in the past on topics such as gun control, euthanasia and privacy, and students can learn a lot from attending them.

“It’s an opportunity for them to engage in debate and discussion about interesting intellectual issues and problems.”

Beyerstein said it’s a chance for people to get together and argue in a respectful way.

“It’s a lot of fun, but it’s never come to blows . . . but sometimes people get quite passionate about their beliefs.”

The jam commences tonight at 7 p.m. in the A building, and admission is free.



NICK EAGLAND photo

John Russell, philosophy instructor and utopia skeptic.

Older children showing young new Canadians the ropes in life

Finding yourself in a strange country as a child is bewildering, above and beyond the usual terrors that occur during childhood. Our south Vancouver schools seem to recognize this and that's where the "cultural buddies" program comes in.

The program is aimed at introducing a child to bizarre North American customs such as Halloween and Easter. The program pairs up first-generation immigrant children with first-generation immigrant young adults. These older "mentors" guide their younger counterparts, smoothing out culture-shock, alienation and all of the other fun stuff that comes with being introduced to a new environment.

With immigrants making up 40 per cent of Metro Vancouver's population according to StatsCan, this couldn't come at a better time.

One should note that the program is not like the system used in residential schools. The aim is to acclimatize children to their new environment, not make them more "Canadian." This is a wise choice, because there is no Canadian cultural identity. Not in any traditional or stereotypical way, at least.

Canada is a blank slate, on which a mosaic of plural identities lies. This country is home to the hyphenated identity – we are Irish-Canadians, Italian-Canadians, Chinese-Canadians and Indo-Canadians. Our identity comes with a prefix that modifies norms and habits we've developed in our exposure to other people in the mosaic.

As opposed to the American model, which is aimed at transforming different ethnic identities into the "American" identity, our multicultural country actually accepts difference. This is one of the reasons why the proposed Quebec charter is ridiculous along with being racist – what's a pure Quebecois look like? White, Catholic and Francophone? How can one immigrant population, cut off from the motherland by centuries of time and the Atlantic Ocean, lay the guidelines for how other immigrant groups should behave?

Other than a shared desire to differentiate ourselves from Americans, we are mostly united by the fact that we're different. Not only are we different, we also generally respect each other's differences.

The buddies program has endured as a community-connections program, and that's something that I, as a Canadian of mixed ancestry, take pride in. There's always room for more people on our blank slate.



OPINION
GLEN TRUAX

BlackBerry is going extinct

Once upon a time, BlackBerry was the largest cell phone company in the world, with a majority share of the market. But unlike most stories that begin this way, very few of the characters in this story will get to live happily ever after.

BlackBerry is in trouble, but why? Two words, folks: Thorsten Heins. BlackBerry's new president and CEO is running the company into the ground. Just this week, BlackBerry's Halifax office closed, leaving more than 350 people without jobs.

The once-popular cell phone giant is slowly circling the drain. Heins, along with a few other BlackBerry shot callers, stand to reap huge benefits in the event that the company is sold.

With a \$9.1 million annual salary for the 2013 fiscal year, you'd think Heins would want to keep this gravy train

rolling. But if BlackBerry gets sold, Heins gets a \$55.6 million severance package for his troubles and then he's a free agent again. Not a bad parting gift if you ask me.

So that covers the motive, but sadly for BlackBerry's shareholders, the murder is still in progress, so there's no closure for them yet.

It's obvious that the 30 per cent nosedive BlackBerry's stock took in the last month is a pretty accurate weather vane for the impending shitstorm on the horizon. Let's not forget that in 2008, BlackBerry (known as Research In Motion at the

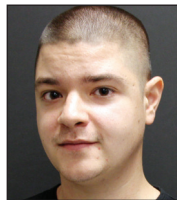
time) stock was selling for almost \$150 a share, so this tailspin started a while back.

The beginning of the end was when RIM failed to respond to the release of the iPhone 4. The BlackBerry's lack of apps and delayed release of their first touchscreen model, the BlackBerry 10, have only helped facilitate the company's demise. Heins is just the final nail in the coffin.

To the loyal investors who think they can continue to parlay their shares into a life on easy street, all I can only tell you is cut and run.

Things are going to get a lot worse before they get better.

Nobody wants to play the losing team. Blind loyalty is a foolish concept and lifeboats wouldn't exist if rats were the only ones smart enough to flee a sinking ship.



OPINION
WARREN JANÉ



MARTIN LUFF photo/WARREN JANÉ photo illustration

Not happy with LSU election results? You should really try voting next time

"Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." - Abraham Lincoln

After student elections last week it looks like we're going to have to wait and see if our behinds blister in the coming months.

All unopposed candidates were successfully voted into their positions. This is unsurprising given the lack of students who even bothered to cast their vote.

The LSU election results indicate that fewer than 300 people turned out. Langara has approximately 10,000 students, which means less than three per cent of the student population voted in the election.

Last week I wrote an article pertain-

ing to LSU campaigning restrictions that fueled a lack of voter awareness. Although this was a major issue, the LSU can't be fully blamed for the poor turnout.

The candidates that ran neglected to promote their platforms, partially because of restrictions, but mostly because they didn't need to. When you're running unopposed there's no pressure to run a large campaign, particularly because victory is almost entirely guaranteed.

In fact, the burden of the shameful turnout lies with us, the students.



OPINION
TYLER HOOPER

I want to be clear that I'm not in any way slamming the candidates who were elected. The couple of candidates I did chat with seemed very excited and enthusiastic and I wish them all the best in their new positions.

However, my point digs at a much deeper issue: If we, as students, want to hold the LSU accountable for the hundreds of dollars each of us pay to them every semester we need to spend more time becoming political, and socially engaged, on campus.

It's easy to stand on the sidelines and let others make decisions for us, but when we do that we become part of the problem, not the solution.

Have we been burned? Only time will tell, but if in the coming months we do start to feel the pain of our blisters, we will have only ourselves to blame for our scorched behinds.

We want to hear from you

Did we get a fact wrong?

Tell us.

Got a different point of view?

Write to us.

Problems with something we've said?

Let us know.

Journalism instructor
Nicholas Read oversees
The Voice. Email him at
nread@langara.bc.ca

theVoice

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Editorial opinions are those of the staff and are independent of views of the student government and administration.

We welcome letters to the editor. All letters must be signed. They may be edited for brevity. Names may be withheld in special cases, but your letter must include your name and phone number.

HOW TO REACH US

PHONE
604-323-5396

FAX
604-323-5398

E-MAIL
thevoice@langara.bc.ca

DROP-IN
Room A226
Langara College
There is a mailbox at the entrance to the journalism rooms.

SNAIL MAIL
The Voice
100 West 49th Ave.
Vancouver, B.C.
V5Y 2Z6

WEBSITE
www.langaravoices.com

EDITORIAL STAFF THIS ISSUE:

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Langara students, with lunches from home and from the cafeteria, eat together in the Langara Students' Union

AMY JONES photo

Time is all it takes to eat well

Bringing lunch from home and budget-planning can save money

By AMY JONES

Healthier eating can be affordable for students with the help of a little extra planning. Unhealthy food options that are carb-heavy or deep-fried are usually cheaper at cafeterias and restaurants but students can save their money and their health by thinking ahead.

With treat-filled holidays like Halloween and Christmas around the corner, there are many temptations to indulge. Finding ways to eat healthy and stick to your budget are easier than you might think.

Nutrition instructor Monica Molag says that eating healthy food is not more expensive, but it does take plan-

ning and thought.

"It's not one of those things [where] you can walk up into the cafeteria and go, 'OK, today I'm going to eat healthy,'" said Molag. "It takes a thought ahead of time. That's where being nutritional is expensive, it's expensive in time."

She warns that by eating in restaurants and cafeterias you get too much fat, salt and pay too much money. By shopping ahead of time, planning meals and choosing cheaper, healthier options, students can avoid being at the mercy of someone else's menu.

"If people put as much thought into their meals as they did into their clothing or their social time they would probably come out better money- and health-wise," said Molag.

She said that vegetarian options are often the cheapest, pointing out nuts, seeds, beans, legumes, fruit and vegetables that are in season. For healthier holiday treats she suggests chocolate-covered peanuts or raisins.

UBC and SFU operate meal-plan programs that give students the option of paying ahead for their on-campus meals during the semester. With no such plan at Langara and no current advice from financial aid on food spending, students must take it upon themselves to budget for their meals and bring their lunches from home.

"I wouldn't pay a lot for a good salad," said general studies student Joana Pilet. "I would just make it at home and save money."

TIPS FOR shopping

- 1 Stock up on canned good
- 2 Freeze bread to avoid waste
- 3 Store brands are cheaper
- 4 Use beans, lentils and other legumes
- 5 Buy fruit and veg that are in season

Source: healthycanadians.gc.ca

Home gardens grow roots in Vancouver

Planting food at home is an inexpensive option for Vancouver residents to get healthy, organic foods

By KENDRA WONG

Home gardens are becoming increasingly popular because South Vancouver residents are concerned about the food they're putting in their bodies.

Home gardens allow gardeners to control the healthiness of crops and the amount of pesticides and chemicals used.

"People are more concerned about their health, so they don't want to go to the store and buy produce that they don't know what's being sprayed on them or if they're being genetically modified," said Amanda Jarrett, organic master gardener course instructor. The prices at the stores are very expensive. It comes back to necessity."

Jarrett is one of many Lower Mainland residents who craft their own home gardens, growing a variety of plants such as potatoes, tomatoes and kale year-round. She thinks this trend of planting your own food will be taking off in Vancouver.

"A lot of people are really getting into it. The organic movement is really

taking hold."

Foods from home gardens are also richer in flavour because natural sugars are retained, noted Jarrett.

"That alone makes food taste better and more nutritious because it doesn't have a long way to go," Jarrett said.

"When they pick it from the field, they have to truck it. Those sugars are diminished within the travel time and when it's stored on shelves."

Peggy Harowitz, program coordinator of sustainable communities at Langara, said home gardens also allow people to create a connection to the origins of their food.

"[People] have no concept or awareness of where their food comes from."



KENDRA WONG photo

Amanda Jarrett, instructor, uses the Langara community gardens to teach her class about composting.

Staying fit during the term

Langara students have options on campus to keep in shape during the rain-filled, winter months

By BILL EVERITT

Winter is coming and Langara students wanting to stay active amid the chill and rain can take advantage of drop-in sports and clubs on campus.

Athletics department assistant Carly Scarr said the activities on offer can improve mental outlook.

"It can be kind of depressing during winter time.

"I think getting out and doing some activity helps to keep people's minds bright."

The athletics department offers drop-in basketball, indoor soccer and badminton.

Students can borrow equipment from the athletics department on a first-come, first-served basis.

Tennis courts located at Langara Park on Ontario Street and 56 Avenue, are also available to students free of charge.

Walking or jogging the trail around the Langara golf course is another option for students.

"It's a decent distance and it's a little bit of a hill coming up Cambie," said Scarr.

Another alternative is the running club. They meet three times per week, year round.

The running club is organizing an "energizer race" on Nov. 2, which will see runners sporting headlamps for a nighttime run.

People who would like to participate in the energizer run can sign up on the Langara Run Club Facebook page.

"We also organize one or two workshops on running," said Dean Tsatouhas, co-founder of the club.

Vancouver-based running coach Angela James returns to Langara Oct. 22 for a seminar on "ChiRunning," a form of running designed to reduce damage to muscles and joints caused by impact with hard surfaces.

Getting out and exercising doesn't have to occupy your whole life, according to Daniel Sam, program and funding manager at the YMCA.

"You're talking 20 to 30 minutes for a workout," he said.



DEAN TSATOUHAS
Co-founder of the Run Club

Athlete mentors children

Chris Randing anticipates basketball fun each week

By TRICIA LO

Chris Randing never imagined he'd be on the giving end at Richmond Youth Basketball League, but he's come a long way since he first started playing in it in Grade 6.

"It was something I'd look forward to every week," he said.

Last spring, the 19-year-old Langara kinesiology student returned to the league as a volunteer. Since then, he's been hired as a lead instructor of the JUMP program, where he runs basketball drills, activities and games for kids in Grades 4 through 9.

"It feels good to give back to what I played in when I was a kid. It's a good way to practice what I'm learning in school, and it's a good way to give back to the city."

Randing's quick transition from volunteer to staff owes to his talent, both as a coach and as an athlete, said league program coordinator Matt Winograd. "He knows what he's doing. He played basketball at a high level in high school."

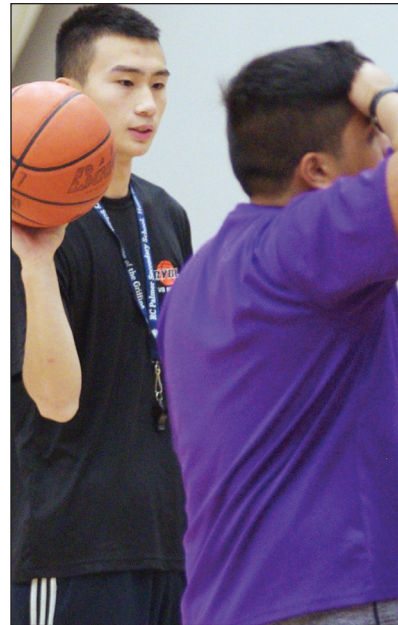
Randing didn't just play AAA ball. As a shooting guard, he helped carry R.C. Palmer Secondary to victory in the 2011 B.C. provincial championships. Langara men's basketball coach Paul Eberhardt was also Randing's high school coach at R.C. Palmer.

"As soon as Chris came to our school in Grade 8, you could tell he was a basketball junkie. Everything basketball he loved," Eberhardt said.

While Randing wasn't the most naturally gifted player, his dedication is what made him successful, Eberhardt said. "He was in the gym every morning, night, working on the shot. He had a really good work ethic."

Not every great athlete makes a great coach, but Randing has the qualities of both, Winograd said. "He's awesome. He checks for understanding and starts with the basics. He takes the level of every kid's abilities into consideration, and he wants to have as much fun as they do."

Being a role model marks a big change for Randing, but from Grade 6 to now, he still looks forward to the league every week. "When I see the improvement in the kids, even from the beginning of the session to the end of the session, that's what keeps me coming back."



TRICIA LO photo

Randing (left) watches kids do warm-up drills at Richmond Youth Basketball League.



GAVIN FISHER photo

Midfielder Ramsey Alfantazi catapults into the air for the ball.



GAVIN FISHER photo

Midfielder Carlos Marquez fends off a Capilano Blues player.

Falcons now lead PacWest

Falcons men's soccer had a successful weekend as women's squad struggled against a team they lost to last month, Capilano Blues

By GAVIN FISHER

The Falcons men's soccer team is now first in the PacWest rankings, after winning 4-0 against both Vancouver Island University and Capilano University at UBC Varsity Field this past weekend.

The women's team won against VIU on Saturday, but lost to longtime rivals Capilano on Sunday, dropping to fourth place in the conference rankings.

Before Saturday's game Langara men's coach Marc Rizzardo said the VIU Mariners would be "fighting for their lives." The Falcons secured a 4-0 win over the Mariners, a team they had lost to in September.

The women's team also faced off against the VIU Mariners on Saturday. Forward Chelsea Brown scored the only goal, giving the Falcons a 1-0 victory over VIU.

"It wasn't a very pretty game," said Langara women's coach Ryan Birt,

"but the girls battled through and were able to get a result."

On Sunday, the men's team played the Capilano University Blues, whom they had tied with last month.

From the start of Sunday's game, the Falcons put pressure on the Blues with several shots on goal. Midfielder Carlos Marquez scored the first goal.

Shortly after the half-time break, midfielder Justin Sidhu scored another goal, bringing the game to 2-0.

The second goal gave the team confidence.

Team captain Mynor Campos Jr. said, "Once we got the second goal we gave ourselves a little breathing space and just started pressuring them more and more."

Midfielder Geordie Penman scored the third goal and Matt Hall-Stevenson scored the final goal, bringing the team to a 4-0 victory, earning them the day off from Monday's practice.

The Falcons women's team struggled against the Capilano University Blues on Sunday, a team they had lost to last month.

"Capilano traditionally is one of our biggest rivals," said coach Birt. "It's always a difficult game to play against them."

In the first half of the game, neither side was able to score despite multiple attempts. In the second half, Capilano forward Andrea Standerwick scored, giving the Blues the lead.

The Falcons lost 1-0.

Players expressed disappointment in losing to a team that is lower in the rankings.

"I personally think it's harder to play teams that aren't very skilled," said defender Katarina Tomic. "We lose our flow. We could've done way better."

Both soccer teams play Thompson Rivers University and UBC Okanagan next weekend.

“
It wasn't a very pretty game but the girls battled through and were able to get a result.

RYAN BIRT

'ChiRunning' hyped for health and speed

Certified instructor will run a workshop to reduce muscle pain and minimize common running injuries

By VANESSA SZPURKO

Local running celebrity Angela James discovered "ChiRunning" while searching for potential solutions for run-based injuries.

"It's based on the principles of Tai Chi," said James. "The main thing is you're moving from your core, from your centre."

"It's based in really sound body mechanics so you're not hurting yourself. You're using your muscles and ligaments less and using your structure, which is supported by good alignment and posture."

Gravity is another significant way ChiRunning differs from regular running.

"You have a forward fall. Your forehead is out in front leading and you're feet are going out behind and you've got this lean, so you're allowing gravity to take you down the road," said James.

"You're not heel striking, less impact on the ground. It's much more fluid, graceful and efficient."

James is leading a free workshop with the Langara Run Club.

The workshop is open to everyone, including faculty members.

"We're not all marathon runners. It's for anybody that wants to run," said Dean Tsatouhas, founder and president of the Langara Run Club. "Whether you're a slow runner, a fast runner, experienced or non-experienced, you should definitely be coming out to this."

It's more about promoting healthy living and a healthy lifestyle."

James is a native of England who ran her first marathon in 1996. She has gone on to complete numerous marathons and triathlons, including the Vancouver Marathon, the Boston Marathon, and Iron Man Canada. She was also the first coach for the Leukemia and Lymphoma Society's Team in Training program, who named the Angela James Spirit Award after her.

The Run Club will host their usual Tuesday afternoon run at 4:30 p.m. on Oct. 22, with the workshop following afterward at 5:30 p.m. Participants are to meet outside The Hub (C121) and are welcome to attend both the run and the workshop.

For more information on "ChiRunning," visit <http://www.angelajames.com/chirunning.html>.



DEAN TSATOUHAS
Langara Run Club president

“
It's for anybody that wants to run.